

# Sleep-E Naturals

With Natural Sleep and Brain Protective Nutrients

Contains natural agents that help improve sleep quality and duration, naturally, without risk of addiction or dependency. It also contains nutrients that help protect the brain against free radical damage and slow down brain aging.

## How It Works:

**Melatonin** is a hormone normally made by the Pineal gland in the brain that controls our wake/sleep cycles. Late in the evening, the Pineal gland normally secretes enough melatonin to help induce sleep and enable us to reach deep levels of sleep known as delta-sleep. This level of sleep recharges the body's immune system and allows us to wake up and function in a refreshed state. As we age (usually after age 40) the production of melatonin drops considerably, which often results in a decreased ability to fall asleep, increased interrupted, decreased sleep duration and/or an inability to reach deep levels of sleep. Melatonin is also an important brain antioxidant, which protects brain cells against free radicals. The brain uses about 20% of the body's oxygen at any given time, which also increases brain exposure to oxygen free radicals. The melatonin found in Sleep-E Naturals replaces the melatonin your body no longer makes for itself as you age, which can help improve sleep quality, duration and support immune function, when used as part of a healthy aging program.

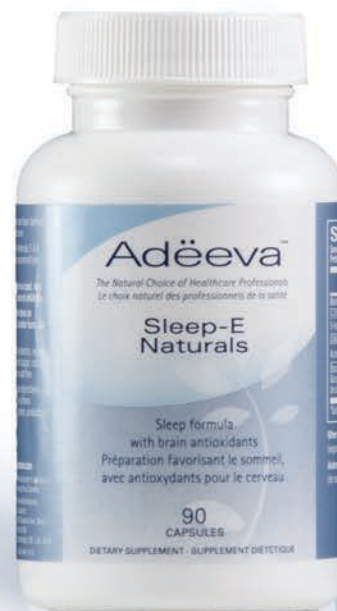
**5-Hydroxytryptophan** - The brain manufactures serotonin and melatonin from 5-hydroxytryptophan, which is found naturally in the plant known as the Griffonia Simplicifolia. Studies show that supplementation with 5-hydroxytryptophan can raise brain levels of serotonin (improving feeling of well being and sleep quality) and melatonin, on a per need basis.

**GABA (Gamma-Amino-Butyric Acid)** is a natural brain chemical that stimulates GABA receptors in the brain. Upon stimulation, GABA receptors create a feeling of relaxation, improved well being and decreased anxiety. GABA works with melatonin and 5-hydroxytryptophan to help improve sleep quality.

**Bacopa Monnieri** - The leaf of bacopa, or water hyssop, has been used in the Indian medical system since the 6th century A.D. Its active ingredients (bacosides A and B) have been shown to enhance nerve transmission and are potent antioxidants, which help protect brain cells from free radical damage. Free radical damage to the brain is a common feature of dementia, degenerative neurological diseases, and memory-loss conditions. Along with melatonin, the bacopa monnieri in Sleep-E Naturals provides additional protection against free radical damage to the brain while we sleep and helps support mental acuity as we age.

## Dosage:

Insomnia and Sleep Disturbances - Begin by taking one capsule, one hour before bedtime. If sleep disturbances are not resolved then increase the dosage by one capsule each night until sleep problems are satisfactorily resolved and you are waking up refreshed. If morning drowsiness or headache occurs then reduce the dosage down until sleep disturbances are resolved without morning drowsiness or headache.



Typical Target Dosages By Age to improve sleep quality and duration, and provide protection to the brain, breast, prostate and immune system:

Age 40-44 - one capsule, one hour before bedtime  
Age 45-50 two capsules, one hour before bedtime  
Age 51-55 three capsules, one hour before bedtime  
Age 56-60 four capsules, one hour before bedtime  
Age 61- 65 five capsules, one hour before bedtime  
Age 66 and older - six capsules, one hour before bedtime

**Do not exceed 6 capsules per night without consent of your attending physician.**

## Clinical Applications:

Insomnia
Interrupted sleep - commonly waking up through the night
Lack of deep sleep - not waking up refreshed
General brain, breast, prostate and immune support after 40

## Active Ingredients

Melatonin	1.5 mg
5-HTP (5-hydroxytryptophan)	30 mg
GABA (Gamma-amino butyric acid)	75 mg
Bacopa Monnieri (std. 20% Bacosides)	45 mg

Amounts for 3 capsules, 90 per bottle

## Contraindications & Considerations

### Conditions:

- Do not use in conjunction with other sleep aid drugs or anti-anxiety drugs
- Requires physician approval to take Sleep-E Naturals in conjunction with anti-depressant drugs